



**CHOOSE
POLAND.
GET WELL!**



POLISH
TOURISM
ORGANISATION

CHOOSE POLAND. GET WELL!

Poland is a country with a picturesque location, characterized by a varied tourist and health-related offer.

Particularly popular among visitors from abroad are Polish health resorts, separate areas with specific natural properties that contribute to improvement in the health of the people who are staying there and benefiting from the facilities. These include mineral water pump rooms, open-air swimming baths, spa parks, sanatoria and health resort hospitals.

As of 2023, there are 48 such places in Poland.

They are located in the mountains, by the sea as well as in other regions with unique climates. They are also generally found in areas closely connected with a natural environment.

Natural resources form the basis for treatment. Medicinal waters are mainly used for drinking therapies, baths and inhalations, while peloids (therapeutic muds and clays) are mainly applied as compresses. Prototypes for modern health resorts can be found in ancient Rome, where thermae and baths were extremely popular.

Polish health resorts are perfect places for rehabilitation after orthopedic procedures, and their high quality makes them popular with patients from abroad.

Moreover, Poland offers historical cities with good connections to the most important airports in Europe. Modern hotels and shopping malls make a stay in Poland enjoyable for even the most demanding clients.

The catalogue you are holding includes popular cities and regions as well as descriptions of popular treatments and innovative services. It presents information concerning long-standing traditions of the development of medicine in Poland and its newest offerings. An authentic patient testimonial illustrates the treatment process in Poland.

The catalogue also contains practical information on arriving and staying in our country.

Come and try out the unique offer of health-promoting tourist attractions in Poland!



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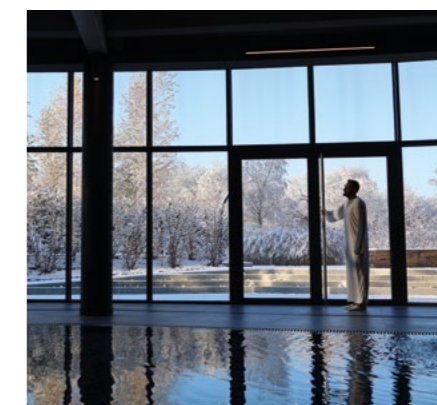
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POLAND THE CENTER OF EUROPE

Poland's great advantage is its central location in Europe. The benefit of this location is not only good transportation access, but also a rich heritage and history which links Eastern culture with Western modernity in its own special way. At the moment, we are observing a steadily growing number of foreign tourists, of whom up to 72% state their intention to come back to Poland within the next 5 years.

Poland has been a member state of the European Union since 2004. A Schengen visa is needed in order to enter Poland from outside the EU.

The vast number of tourists satisfied with the stay in our country proves its attractiveness and high quality of services.





POLAND: IN FASHION!

In 2019, Poland was visited by 88.5 million foreigners, of whom 21.2 million were longer-stay tourists and 67.4 million were just visiting for the day. Almost half of them were people aged 35-54. Poland was visited mainly by people from neighbouring countries, who constituted 60% of tourists and 97.1% of one-day visitors in 2019. The majority of foreigners visiting our country were German residents.

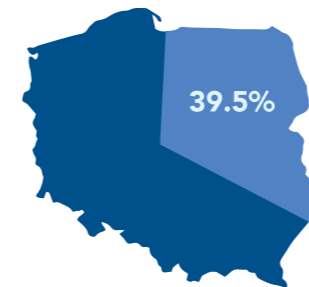
Frequently, the reason for a visit to Poland is shopping. World-renowned brands offer their products in Poland in exclusive shopping malls.

We are observing a significant increase in the number of foreign tourists indicating health treatment as their reason for visiting Poland.



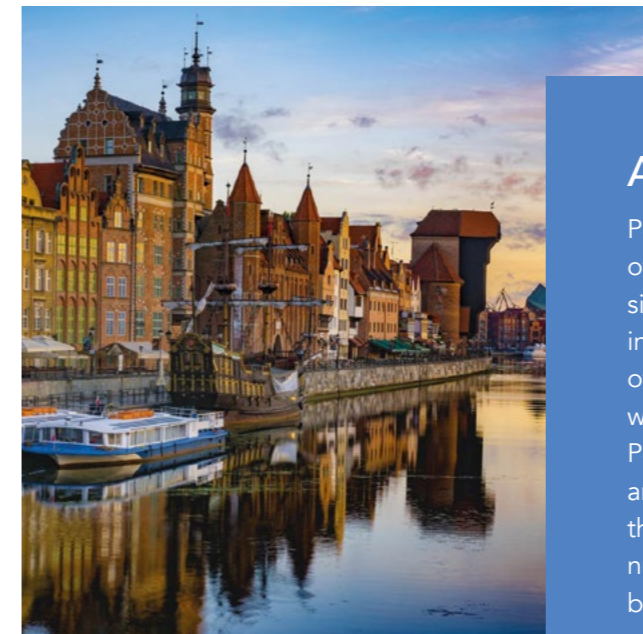
Trendy cities

The most popular cities in Poland are Warsaw, Kraków, Poznań, Gdańsk, and Wrocław. What makes them so attractive? Primarily cultural attractions, including numerous monuments from different periods of history and cultural and entertainment events that are organized in these cities. That's why tourists can not only discover fascinating places during the day, but also enjoy evenings full of unforgettable entertainment.



Wonderful Natural Environment

Poland is distinguished among other European countries by a natural environment featuring huge diversity, which has seen relatively little interference from man. This diverse environment includes large forest areas, a long sea coastline, varied mountain ranges, and extensive lake complexes. In an effort to preserve these treasures of nature spanning many years, various forms of legal protection of areas and facilities have been developed. The size of legally protected natural areas in 2020 increased to as much as 39.5% of the country's area. This natural beauty not only has a positive effect on health, but also facilitates true relaxation and calm.



A varied offer for tourists

Poland can boast of places with high rates of cultural attractiveness. The culturally significant attractions that appeal to tourists include mainly historic buildings, monuments of history, and places found on the UNESCO world heritage list. Tourist destinations in Poland also host numerous large-scale cultural and entertainment events featuring festivals, theatres, music, and sports. Thanks to these numerous attractions, visitors will never get bored in Polish cities; on the contrary, they are a great place to get away from the routine and forge exciting new memories.



POLAND – A HEALTH TOURISM DESTINATION

Poland has many years of experience in the market of health-oriented services. This is due to the long tradition of Polish health resorts, a highly developed sector of private healthcare facilities and bustling university centres. We are currently intensively investing in medical tourism, which is steadily gaining popularity. The high quality of services is confirmed by the growing number of patients from all over the world coming to Poland. The potential for developing medical tourism in Poland is due to its central location in Europe, short waiting lists to specialists, and its competitive prices compared to other places in Europe offering medical services at a similar level.

Our rich experience allows us to offer proven solutions adjusted to individual needs!



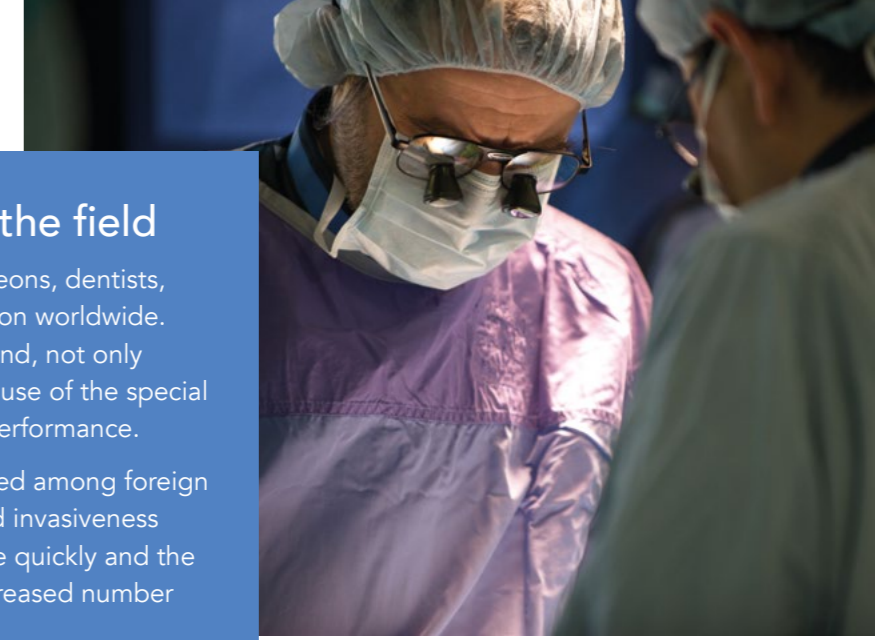


**BECOME
AS FIT AS
A FIDDLE...
IN POLAND!**

Medical tourism started to take off in Poland after the political transformations that took place after 1989, when private healthcare began to develop. The situation on the market also changed dynamically when Poland joined the European Union and entered the Schengen area.

All of these factors fostered the country's economic development, better transportation accessibility, and helped Poland open up to foreign patients. Private healthcare quickly began to adapt to the conditions of globalization through a dynamic increase in the number of facilities that have adapted to international standards and the expectations of the foreign patient.

The involvement of Polish businesses, favourable economic conditions, and top-class specialists have allowed medical tourism in Poland to develop highly. This progress is confirmed not only by the growing interest of foreign patients, but also by many support programs for this sector of the economy and by the interest of both domestic and foreign investors. Currently, Poland is one of the most popular health tourism destinations together with Hungary, Turkey, and the Czech Republic.



What distinguishes us in the field

Polish specialist doctors, especially surgeons, dentists, and orthopaedists, enjoy a high reputation worldwide. That is why medical tourists choose Poland, not only because of its affordability but also because of the special treatments available and the excellent performance.

Endoscopic spinal surgery well-recognized among foreign patients. Thanks to the extremely limited invasiveness of this surgery, the patient recovers more quickly and the procedure itself is associated with a decreased number of possible complications.



Excellence in Dentistry

Undoubtedly, dentistry is the most highly developed branch of medical tourism in Poland, especially esthetic dentistry. Our dental services are most often chosen by German, British, Scandinavian, and American patients. Innovative solutions allow you to have a beautiful smile in as little as one day using computer design and 3D printers. The use of computer design and digital prosthetics allows us to offer a modern, worldwide level of treatment. One of the types of treatment available in Poland is also the implantation of zygomatic implants to cheekbones.



Investing in the Future

Polish health-oriented services have been selected as one of prospective industries to be promoted on foreign markets. Two factors, customer interest and the potential of the Polish offer, have resulted in support provided by government organizations for activities that promote Polish health-oriented services as part of the Go to Brand program framework. Its target is to support the promotion and internationalization of Polish export brands (including services) that have a chance.

VARIETY OF HEALTHCARE SERVICES

In Poland, you can benefit from a wide range of healthcare services, while at the same time enjoying a comfortable stay. Hotels with spas are equipped with modern infrastructure and well-trained staff that will help you feel comfortable and enjoy the highest quality of services. We will take good care of your health and well-being.

Dental clinics, specialist hospitals, and health resorts present a great opportunity to make use of a comprehensive healthcare offer and improve the condition of your health. What is so special in the Polish health-oriented offer is that it puts emphasis on rehabilitation after surgery. And it proves that even after a complicated operation, patients quickly return to being fully fit with the help of a professional team of specialists.



■ DENTAL SERVICES

- Complex treatment planning
- Dental implants
- Augmentation of bone crest (controlled bone regeneration)
- Maxilla sinus augmentation process
- Bone regeneration with the use of bone blocks
- Soft tissues plasticity
- Digital smile design
- Teeth whitening
- Prostheses (skeletal, acrylic, elastic acetal / acron, on latches, on clasps, and telescopic)
- Resection of the root top using bone reconstruction techniques
- Covering receding of gums
- Bruxism treatment
- Root canal treatment (endodontics)

■ RARE DISEASES TREATMENT

- Auditory implants (cochlear implant, middle ear, bone conduction)
- Maxillofacial Surgery of Congenital Defects
- Lyme disease treatment

■ ORTHOPAEDICS

- Hip and knee joint replacement
- Arthroscopic reconstruction of cruciate ligaments (ACL)
- Knee and hip arthroplasty
- Removing bone tumours
- Rheumatoid diseases treatment
- Bone fixations treatment
- Osteoporosis treatment

■ CARDIOLOGY

- RF ablation
- Cardioversion
- Percutaneous implantation of the aortic valve
- Implantation of pacemakers
- Rotablation
- Implantation of cardioverter-defibrillator
- Coronary angioplasty
- Revascularization



Treatment of Huntington's Disease Available in Poland

Huntington's disease (HD) is an inherited, genetic disorder which consists in nervous system disorders such as uncoordinated involuntary movements of limbs, torso and facial muscles, movement disorders, as well as psychiatric symptoms (dementia, depression, psychosis). As the disease proceeds, it may also be accompanied by more complex disorders of speech, eating or autonomous breathing.

Pharmacological treatment may reduce the intensity of pathological chorea movements and improve the emotional state of the patient. The latest treatment for Huntington's disease is brain stimulation (DPS – deep brain stimulation). It consists in placing electrodes in the brain and a stimulator in the subclavian region in the so-called subcutaneous pocket.

However, in order to lead an active life and stay fit as long as possible, there is a need for everyday comprehensive rehabilitation to help patients cope with symptoms that develop with each subsequent year. At the moment, it is in southern Poland where we can find centres specializing in the care of people afflicted with Huntington's disease, also of those with implemented DPS stimulators. The centres contribute to a significant improvement in the quality of life of those patients.

Innovative cardiology

Ablation is a procedure applied in order to treat recurrent heart rhythm disorders, such as atrial fibrillation, tachycardias, and ventricular arrhythmias. The procedure consists in introducing a special electrode through a blood vessel that, thanks to imaging, precisely reaches the location in the heart that induces the arrhythmias. Then, with the use of the electrode, this location is damaged with radiofrequency current flow (RF ablation) or a cooling agent (cryoablation), which directly eliminates the cause of arrhythmia.



■ OPHTHALMOLOGY

- Cataract removal procedures
- Lens surgery
- Vitreoretinal-retinal surgery
- Glaucoma surgery
- AMD treatment intravitreal injections

■ BARIATRICS

- Stomach resection
- Gastroduodenostomy
- Bypass
- Adjustable gastric band
- Removal of adjustable gastric band
- Insertion of air-filled balloon inside stomach

■ NEUROSURGERY

- Removal of slipped disk
- Implantation of disks
- Decompressive laminectomy
- Two-level and multi-level stabilization
- Hard core vertebroplasty
- Kyphoplasty

■ INTERVENTIONAL CARDIOLOGY

- Coronarography
- Angioplasty with implantation of coronary and carotid stents



POLISH HEALTH RESORTS

The uniqueness of 48 Polish towns with health resorts is due to the fact that they offer treatment under medical supervision and based on natural resources, such as mineral waters, peloids (therapeutic muds and clays) or medical gases. Moreover, these places are very attractive for tourists. This is because of their many natural assets, including the proximity of protected areas and forests as well as interesting monuments. These towns also offer numerous cultural and sports events. Among the most important attractions of a health resort are an unpolluted natural environment, safety, and the welcoming attitude of the residents. Polish health resorts offer a wide range of treatments!

Selected treatments from Polish health resorts

BALNEOTHERAPY, PELOIDOTHERAPY

- TREATMENT BATHS (brine, carbonic, sulfide and sulfoxide, radon)
- DRINKING CURES (chloride-sodium waters, carbonated mineral waters, low-mineralized, sulfide-hydrogen sulfide waters)
- INHALATION (chloride-sodium, sulfide-hydrogen sulfide, alkaline mineral waters, radon)
- PELOIDOTHERAPY (treatments with the use of peat: wraps, baths, hip baths, mud swabs, mud spread treatments)

HYDROTHERAPY

- SHOWERS
- WHIRLPOOL BATH
- UNDERWATER MASSAGE
- BUBBLE BATHS
- POURING WATER

CLIMATOTHERAPY

- AIR – AND SUN BATHS
- MOTION THERAPY
- NATURAL INHALATIONS
- THALASSOTHERAPY (using the natural properties of the sea)

PHYSIOTHERAPY

- PHOTOTHERAPY
- ULTRASONOTHERAPY
- THERMOTHERAPY



Peloid

A peloid is a natural product created from dead swamp vegetation as a result of natural and long-term biological and geological processes with the participation of microorganisms and water. The resources obtained in Poland come from 14 peloid mines well-known for their high quality and purity. Because of its healing properties and purity of the mud, it has been nicknamed "black gold". It contains a large amount of inorganic substances (iron, limestone, clay salts) and silica, providing cleansing, anti-inflammatory, bacteriostatic, and bactericidal properties. A valuable property of the peloid is also its large heat capacity, which allows for particular parts of the body to be evenly heated.

EFFECTS:

- Skin detoxification and cleansing
- Cellulite reduction
- Firm and taut skin
- Reduction of wrinkles
- Epidermis regeneration
- Mitigated menopause and painful period symptoms
- Hair condition improvement
- Faster treating of vaginal inflammations, appendages and erosions
- Relief of back pain, rheumatic pain, sciatica, pain after surgery
- Treatment of edema

Cryotherapy

Cryotherapy is a therapeutic method whose essence is to cool the body surface with low temperatures of as low as $-160\text{ }^{\circ}\text{C}$ in about 3 minutes. Under these conditions, the blood vessels constrict, slowing down the blood flow, and then, as a result of body's defensive response, they significantly expand. Cryotherapy makes use of the natural reactions of the body, namely its defence mechanism for very low temperatures.

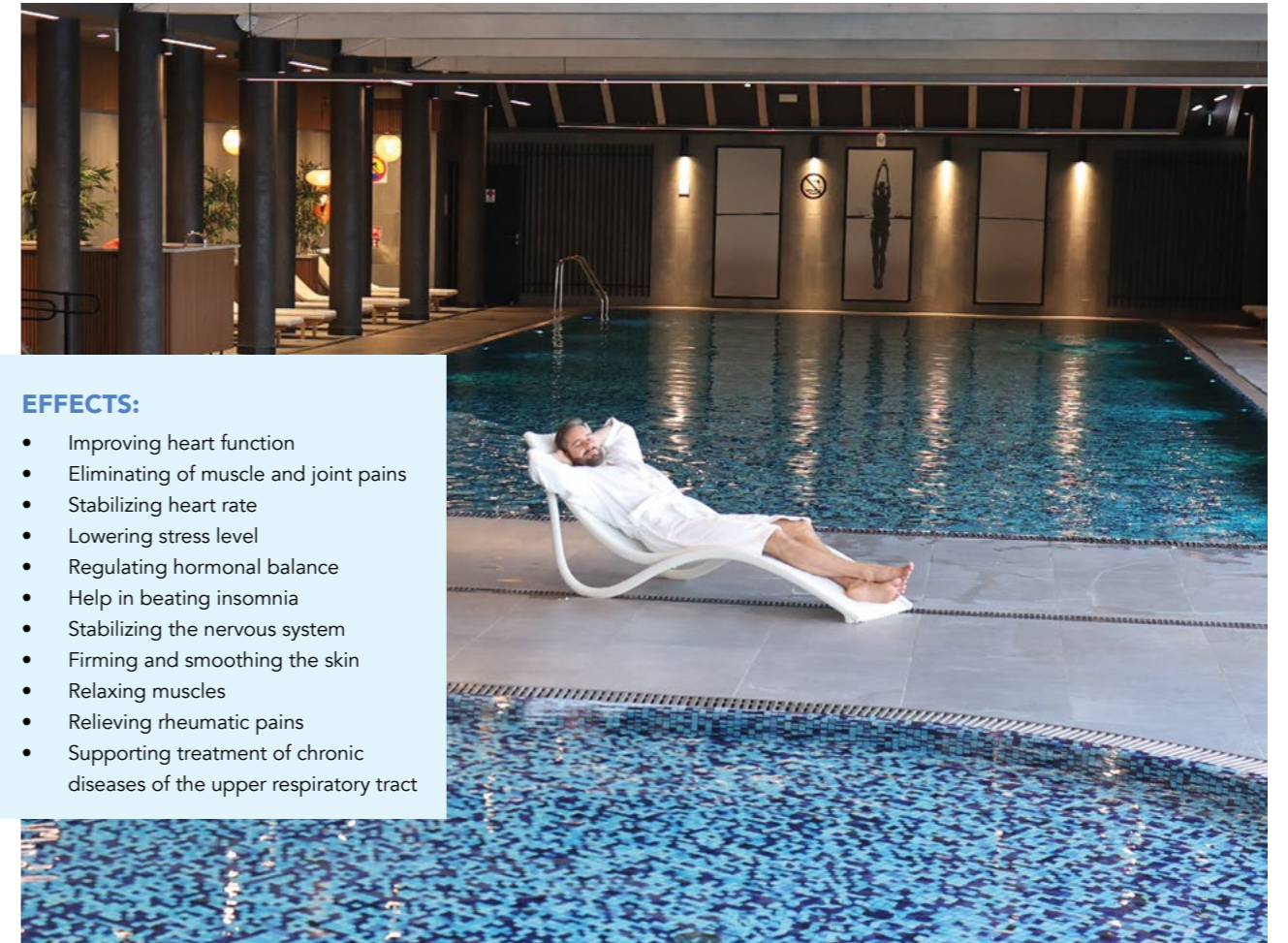
EFFECTS:

- Treatment of inflammation and edema
- Strengthening of blood vessels
- Stimulating better blood flow through blood vessels
- Increasing immunity of the body
- Treatment of joints and torn muscles and tendons
- Delayed skin aging (including improved look, colour)
- Cellulite prevention



Thermal and mineral waters

Thermal waters are groundwaters that, after reaching the surface, have a minimum temperature of $20\text{ }^{\circ}\text{C}$. They abound in chemical elements from deep within the earth that benefit the human body. Thermal waters that have a high concentration of beneficial elements for health are curative mineral waters, including brines, carbonated mineral waters, sulfide waters, and radon waters. They have different therapeutic uses depending on the content and concentration of minerals.



EFFECTS:

- Improving heart function
- Eliminating of muscle and joint pains
- Stabilizing heart rate
- Lowering stress level
- Regulating hormonal balance
- Help in beating insomnia
- Stabilizing the nervous system
- Firming and smoothing the skin
- Relaxing muscles
- Relieving rheumatic pains
- Supporting treatment of chronic diseases of the upper respiratory tract

Phototherapy

Phototherapy is a field of physical therapy that uses visible and invisible radiation (infrared and ultraviolet) and heliotherapy, meaning solar radiation. Individual rays differ in their amount of energy and wavelength, resulting in different depths of penetration into the skin tissue and various biological effects of absorption. The effect of skin irradiation is improvement of blood supply and nourishment of the cells, reduction of muscular tension, raising the threshold of pain due to stimulation of production of endorphins, and acceleration of the metabolism.

EFFECTS:

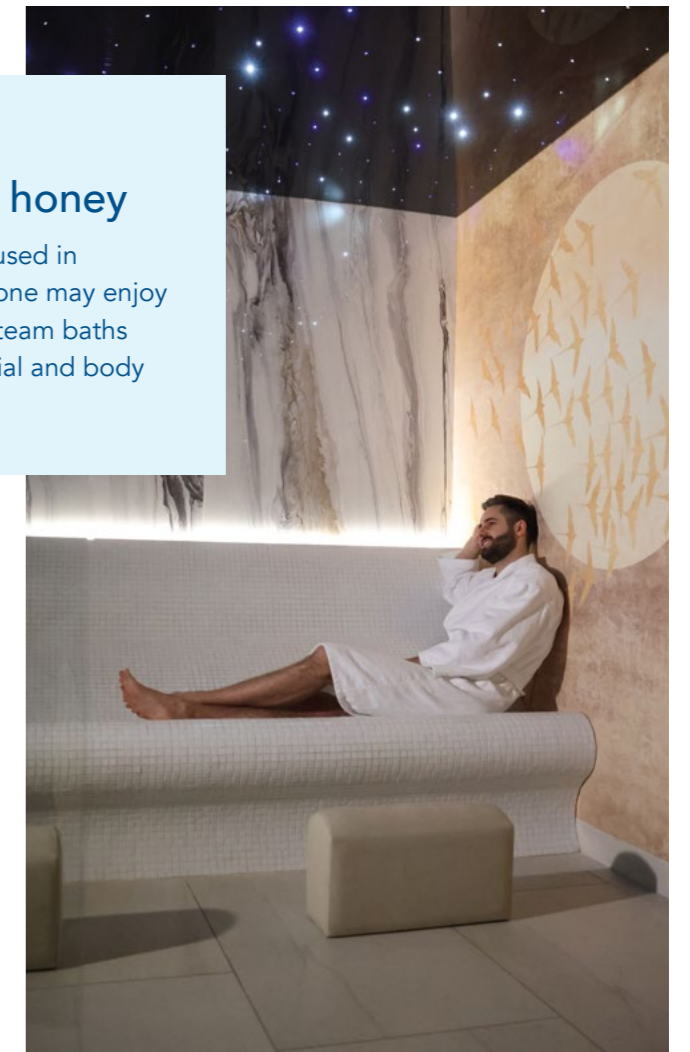
- Treatment of chronic inflammation, arthritis, and periarticular inflammation
- Treatment of neuralgia
- Treatment of skin lesions, acne, psoriasis
- Facilitation of wound healing
- Support for treatment of respiratory tract, tuberculosis
- Control of metabolism processes
- Strengthening the immunity of the body



WELLNESS & SPA THERAPEUTIC SERVICES

A unique therapy combining a traditional steam bath with honey

Honey, widely used in cold treatments, is also used in a special bathhouse called an apitarium. Here one may enjoy nourishing wraps and honey-based peelings, steam baths with aromatherapy, relaxing massages, and facial and body care treatments.



Chloride-free pool with plasma treated water

One way to get rid of chlorine and its side effects from swimming pools is by using plasmatic living water. This technology eliminates water contamination and restores its natural properties to the moment before it had any contact with the contamination of modern industrial civilization.



Dead Sea style spa

At a Polish SPA, there is a salinized basin available with natural salt imported from the Dead Sea. The salinity of the water in this basin reaches as much as 15%, which allows you to float effortlessly on its surface with relaxing music and coloured lights. Warm water will make you feel relaxed, and salinity will give you a feeling resembling weightlessness. During such a bath, the skin absorbs minerals from the water (magnesium and potassium) while being cleansed from toxins. As a result, the skin is smooth and firm, also with reduced cellulite. This type of bath eliminates swelling, improves circulation, helps people with mobility problems, and also relieves rheumatic, muscular and neural pains and increases the body's resistance to infections.



■ LOWER SILESIA

CIEPLICE ŚLĄSKIE ZDRÓJ
www.uzdrowisko-cieplice.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
osteoporosis
kidney and urinary tract diseases
diseases of the eye and appendages of the eye
osteoporosis

CZERNIAWA ZDRÓJ
www.uzdrowisko-swieradow.pl/
orthopaedic and traumatic conditions
rheumatic diseases
lower respiratory tract diseases
cardiological diseases and hypertension
diseases of the upper respiratory tract
osteoporosis
diabetes

DŁUGOPOLE ZDRÓJ
www.uzdrowisko-ladek.pl/
orthopaedic and traumatic conditions
rheumatic diseases
peripheral vascular disease
digestive system diseases
blood and hematopoietic system diseases
diabetes

DUSZNIKI ZDRÓJ
www.uzdrowiska-klodzkie.pl/uzdrowisko-duszniki-zdroj
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
peripheral vascular disease
lower respiratory tract diseases
digestive system diseases
osteoporosis
women's diseases

JEDLINA ZDRÓJ
www.szczawno-jedlina.pl/
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
diseases of the upper respiratory tract
lower respiratory tract diseases
digestive system diseases
kidney and urinary tract diseases

KUDOWA ZDRÓJ
www.uzdrowiska-klodzkie.pl/uzdrowisko-kudowa-zdroj
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
peripheral vascular disease
digestive system diseases
endocrine diseases
blood and hematopoietic system diseases

ŁĄDEK ZDRÓJ
www.uzdrowisko-ladek.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
peripheral vascular disease
osteoporosis
skin diseases
women's diseases

POLANICA ZDRÓJ
www.uzdrowiska-klodzkie.pl/uzdrowisko-polanica-zdroj
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
diseases of the upper respiratory tract
digestive system diseases

PRZERZECZYN ZDRÓJ
www.dolnyślask.travel/przerzeczyn-zdroj/
orthopaedic and traumatic conditions
rheumatic diseases
diseases of the upper respiratory tract

lower respiratory tract diseases
digestive system diseases
diabetes
obesity
osteoporosis
kidney and urinary tract diseases

SZCZAWNO ZDRÓJ
orthopaedic and traumatic conditions
rheumatic diseases
diseases of the upper respiratory tract
lower respiratory tract diseases
digestive system diseases
diabetes
obesity
osteoporosis
kidney and urinary tract diseases

ŚWIERADÓW ZDRÓJ
www.uzdrowisko-swieradow.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
lower respiratory tract diseases
diseases of the upper respiratory tract
cardiological diseases and hypertension
peripheral vascular disease
skin diseases
women's diseases
osteoporosis
diabetes

■ KUJAWSKO-POMORSKIE REGION

CIECHOCINEK
www.uzdrowiskociechocinek.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
cardiological diseases and hypertension
peripheral vascular disease
diseases of the upper respiratory tract
diabetes
obesity
osteoporosis
women's diseases

INOWROCLAW
www.solanki.pl/
orthopaedic and traumatic conditions
rheumatic diseases
digestive system diseases
cardiological diseases and hypertension
peripheral vascular disease
diseases of the nervous system

WIENIEC ZDRÓJ
www.uzdrowisko-wieniec.pl/
orthopaedic and traumatic conditions
diseases of the lower respiratory tract
rheumatic diseases
diseases of the nervous system
cardiological diseases and hypertension
osteoporosis

■ LUBELSKIE REGION

KRASNOBRÓD
www.sanatorium-krasnobrod.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
diseases of the lower and upper respiratory tract

NAŁĘCZÓW
www.uzdrowisko-naleczow.pl/
cardiological diseases and hypertension

■ ŁÓDZKIE REGION

UNIEJÓW
www.izc.pl/uniejow.html
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
peripheral vascular disease
skin diseases

■ MAŁOPOLSKA REGION

KRYNICA ZDRÓJ
www.uzdrowisko-krynica-zegiestow.pl/
diseases of the nervous system
rheumatic diseases
diseases of the upper respiratory tract
digestive system diseases
kidney and urinary tract diseases
blood and hematopoietic diseases
diabetes
women's diseases

MUSZYNA
www.muszyna.pl
rheumatic diseases
diseases of the upper respiratory tract
digestive system diseases
endocrine diseases

PIWNICZNA
www.pivniczna.pl/
rheumatic diseases
diseases of the lower and upper respiratory tract
digestive system diseases

RABKA ZDRÓJ
www.uzdrowisko-rabka.pl/
diseases of the lower and upper respiratory tract
orthopaedic and traumatic conditions
cardiological diseases and hypertension
skin diseases
rheumatic diseases
obesity i diabetes

SWOSZOWICE – KRAKÓW
www.uzdrowisko.krakow.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
osteoporosis
skin diseases

SZCZAWNICA
www.uzdrowiskoszczawnica.pl/pl/
orthopaedic and traumatic conditions,
rheumatic diseases, diseases of the lower and upper respiratory tract

WAPIENNE
www.uzdrowiskowapienne.pl/
orthopaedic and traumatic conditions
rheumatic diseases

WYSOWA
www.uzdrowisko-wysowa.pl/
orthopaedic and traumatic conditions,
diseases of the nervous system
rheumatic diseases
diseases of the lower and upper respiratory tract, digestive system diseases
kidney and urinary tract diseases
diabetes
obesity and diabetes

ŻEGIESTÓW ZDRÓJ
www.uzdrowisko-krynica-zegiestow.pl/
rheumatic diseases, digestive system diseases, kidney and urinary tract diseases

WIELICZKA
www.kopalnia.pl/uzdrowisko
diseases of the lower and upper respiratory tract

■ MAZOWIECKIE REGION

KONSTANCIN JEZIORNA
www.uzdrowisko-konstancin.pl/
diseases of the nervous system
cardiological diseases and hypertension
diseases of the upper respiratory tract

■ PODKARPACKIE REGION

HORYNIEC ZDRÓJ
www.uzdrowisko-horyniec.com.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases

skin diseases
osteoporosis
women's diseases

IWONICZ ZDRÓJ
www.uzdrowisko-ivonicz.com.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
diseases of the lower respiratory tract
digestive system diseases
obesity
osteoporosis
women's diseases
skin diseases

LATOSZYN
www.latoszynzdroj.com
orthopaedic and traumatic conditions
diseases of the nervous system
women's diseases, metabolic diseases
occupational diseases
chemical poisoning

POLAŃCZYK
www.podkarpackie.travel/produkt/polanczyk-zdroj
orthopaedic and traumatic conditions
diseases of the lower and upper respiratory tract
rheumatic diseases
endocrine diseases
diseases of the nervous system
cardiological diseases and hypertension
diabetes

RYMANÓW ZDRÓJ
www.uzdrowisko-rymanow.com.pl/
orthopaedic and traumatic conditions
cardiological diseases and hypertension
diseases of the lower and upper respiratory tract
rheumatic diseases
kidney and urinary tract diseases

■ PODLASKIE REGION

AUGUSTÓW
www.sanatorium.augustow.pl/
orthopaedic and traumatic conditions
rheumatic diseases
peripheral vascular disease
osteoporosis

SUPRAŚL
www.holmeduzdrowisko.pl/
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
diseases of the lower and upper respiratory tract

■ POMORSKIE REGION

SOPOT
www.visit.sopot.pl/uzdrowisko/
orthopaedic and traumatic conditions
rheumatic diseases
cardiological diseases and hypertension
diseases of the lower respiratory tract
diseases of the nervous system
osteoporosis

USTKA
www.visit.ustka.pl/uzdrowisko-w-ustce/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
cardiological diseases and hypertension
diseases of the lower and upper respiratory tract
endocrine diseases

■ SILESIA REGION

GOCZAŁKOWICE ZDRÓJ
www.gozdroj.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases, osteoporosis

USTRON
www.uzdrowisko-ustron.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
cardiological diseases and hypertension
peripheral vascular disease
diseases of the lower and upper respiratory tract
diabetes, obesity
osteoporosis

■ ŚWIĘTOKRZYSKIE REGION

BUSKO ZDRÓJ
www.ubz.pl/pl/
orthopaedic and traumatic conditions
diseases of the nervous system
skin diseases
rheumatic diseases
cardiological diseases and hypertension
osteoporosis

SOLEC ZDRÓJ
www.uzdrowiskosolec.pl/
orthopaedic and traumatic conditions
diseases of the nervous system
rheumatic diseases
osteoporosis
skin diseases

■ WARMIA-MASURIA

GOŁDAP
www.uzdrowiskogoldap.pl/
orthopaedic and traumatic conditions
rheumatic diseases
diseases of the lower respiratory tract
diseases of the nervous system
cardiological diseases and hypertension
digestive system diseases
women's diseases

LIDZBARK WARMIŃSKI
www.uzdrowiskolidzbarkwarminski.pl/
cardiological diseases
orthopaedic and traumatic conditions
diseases of the nervous system
metabolic diseases

■ ZACHODNIOPOMORSKIE REGION

DĄBKI
www.uzdrowisko-dabki.info/
orthopaedic and traumatic conditions





HIGH QUALITY OF SERVICES

Our guests have a guarantee of full comfort and safety during their stay, we provide the care of the best medical specialists and modern methods of treatment that will help you both quickly regain your health and also get back home in better condition. Extensive experience in introducing pioneering solutions gives us the confidence that we offer the most modern treatment methods. Because of our use of telemedicine, distance is of no importance. It is recommended to make an appointment for a consultation before coming to Poland. Accredited medical facilities ensure the safety of treatment in a pleasant environment.

SAFETY RESULTING FROM EXPERIENCE



A pioneer of medical innovations – the story of Prof. Zbigniew Religa

The first successful heart transplant in Poland marked a turning point in the history of Polish medicine. The operation was performed by an outstanding cardiac surgeon, Zbigniew Religa, in 1985. In contrast to today's medical standards, that transplant took place in makeshift conditions and was successful mainly thanks to the professor's skills and knowledge. That huge achievement opened up new possibilities for today's transplantology.

Accreditation provides security

Since 1998, a hospital accreditation program has been in place in Poland, developed and run by the Centre for Monitoring Quality in Health Care (CMJ) in Kraków. In the accreditation process, hospitals are evaluated in a comprehensive manner. This means that the inspection covers the full spectrum of the hospital's clinical activity, including the area of management and administration. Meeting all the standards required to obtain accreditation guarantees the proper functioning of clinics. And that results in a high level of patient satisfaction and safety. The program has been developed based on the models of leading accreditation institutions around the world and with the cooperation of a wide range of experts. Moreover, it is a member of the European Accreditation Network (EAN), coordinated by the European Society for Quality in Healthcare (ESQH), associating accreditation programs in Europe. As many as 191 hospitals in Poland have obtained this accreditation!



Holistic patient approach

More and more hospitals in Poland are investing in modern infrastructure, which means not only innovative equipment, but also an individual patient approach. For example, each patient of the oncological department is assigned an attending nurse who is responsible for continued patient care, from admission to discharge. This makes it possible to adjust the work of the medical staff to the individual needs and requirements of a patient.

Modern hospitals provide care not only to the patient, but also their loved ones, experiencing the illness together. That is why, apart from standard treatment, facilities also offer psychological help both in the form of individual consultations with a psychologist and also the possibility of attending support groups.

In order to completely provide for patient comfort and safety, many facilities also offer the possibility to pay for the treatment in instalments.

In the case of foreign patients, help from a caregiver-translator is offered as well, who gives the patients all the necessary information by phone and mediates during consultations with doctors. The caregiver also helps find the appropriate hotels and airport transfers.

Innovative operating theaters

Increasing numbers of hospitals in Poland are equipped with hybrid operating theatres which combine the techniques of advanced diagnostic imaging and a clinical operating theater. This enables physicians of various specializations to solve all problems of a patient and apply minimally invasive treatment techniques at the same place and time. Hybrid theaters are most often used in the case of cardiology and cardiac surgery procedures. One advantage is the increase in patient safety, as this solution enables medical staff to react quickly in the case of complications and to avoid the need to transfer patients between departments. Thus, the duration of hospital stay and recovery decreases and there is a lower risk of complications.

Removing geographical barriers thanks to telemedicine

Telemedicine, which combines the achievements of information technology and telecommunications for the benefit of medicine, is becoming increasingly important in Poland. It is often called "remote treatment", as it eliminates geographical barriers in providing medical services. It enables medical professionals to remotely monitor the patient's health condition, have a doctor's consultation, and conduct diagnostics or physical therapy. New technologies are used in order to save time and money. A consultation with a doctor is possible prior to patient's arrival and after their return to home, so that the patient is not left on their own and is in touch with the doctor. The use of telemedicine increases real patient safety and improves emotional comfort.



RICH TOURIST OFFER

Most hospitals and health resorts are located near tourist destinations. Thus, Poland offers not only the possibility of treatment but also an interesting and exciting way to spend free time. During just one trip, you can rid yourself of ailments and get to know the unique qualities of Poland. Those who enjoy contact with nature will love regions with picturesque places highlighting the beauty of nature here.

For those who like entertainment, Polish cities offer an opportunity to participate in interesting cultural events, which guarantees a getaway from everyday life.



Pomorskie region – relax by the sea

The Pomorskie region is a place that offers a wide range of leisure activities. Its wide and sandy beaches, vast forests, and picturesque lakes are ideal spots to unwind. The varied topography creates good conditions for practicing various sports. Gdańsk is the city most frequently visited by tourists. Here a special atmosphere and unforgettable experience is provided by numerous monuments.



WORTH SEEING:

- the Old Town in Gdańsk
- the Molo (pier) in Sopot
- Kościuszko Square and the seaport in Gdynia
- the Castle of the Teutonic Order in Malbork
- Słowiński National Park with shifting dunes

Silesian region – Feel the beauty of nature and the strength of tradition

The mountain ranges of the Beskid Śląski, Żywiecki and Jura Krakowsko-Częstochowska are excellent places for practicing active tourism at any time of the year, both in winter and summer. Silesia was once the most important industrial centre in Poland, so now we are able to see unique historical relics of old technology.



WORTH SEEING:

- Ogrodzieniec Castle
- the Błędownska desert
- the Silesian Technology Monuments Route
- picturesque hiking mountain trails
- the ancient silver mine in the Tarnowskie Mountains

Małopolskie region – Discover a cultural heritage in an enchanting setting

The Małopolskie region is considered by many the most interesting region of Poland and for sure the most diverse. Mountain hiking is possible here, but you can also admire medieval castles and experience contact with culture and art. In this region, there are also two unique salt mines and nine health resorts. The most popular attraction of the Małopolskie region is Kraków, the historical capital of Poland, a city associated with artists and art.



WORTH SEEING:

- the historic city of Kraków
- the Salt Mine in Wieliczka
- the highest Polish mountains, the Tatras
- Zakopane, the winter capital of Poland
- the Auschwitz-Birkenau concentration camp in Oświęcim



WORTH SEEING:

- the Royal Łazienki Park in Warsaw
- the Palace of Culture and Science
- the Royal Castle
- the Chopin route
- Kampinoski National Park

Masovian region – Visit the capital of Poland and the centre of art

The Masovian voivodeship is particularly attractive in terms of architectural and artistic monuments and because of a number of cultural and entertainment events held there. The most-visited city is Warsaw, the capital of Poland. Many fascinating places that commemorate the history of World War II as well as earlier times have been preserved here. It is also a city that never sleeps, so after an intense tour, visitors can enjoy all-night entertainment. The Masovian voivodeship also boasts numerous museums and open-air museums displaying its historical and regional assets.

Awards and Distinctions

TripAdvisor, one of the most popular international tourist websites, in the ranking "Travel destinations that are gaining popularity" ranked Gdańsk in 5th place in its top 10. The ranking is created by observing the growth of positive traveller reviews who evaluate the location, monuments, and cuisine of the given destination.

The "Lonely Planet" tourist guide recognized Poland as one of the top 10 places in the world in terms of the favourable ratio of price/quality of services and honoured the country with "Best in Travel" prize at the same time. Among the distinguished tourist attractions there was Kraków, the old city in Gdańsk, and the beautiful scenery of the coast.

HolidayCheck selected the best hotels in the world based on the reviews of almost a million Internet users and 7 of these hotels are in Poland!

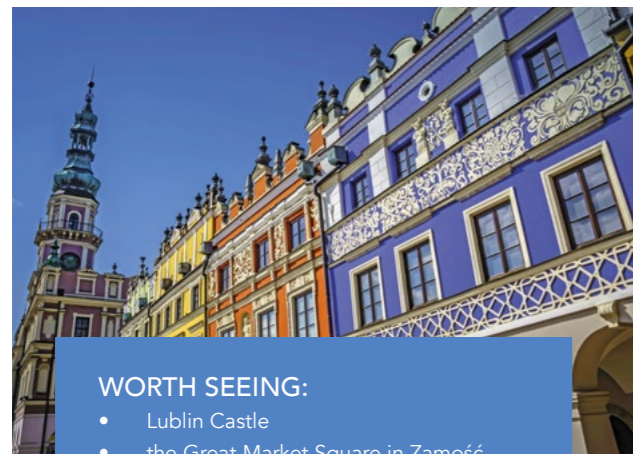
Warmińsko-mazurskie region – See the land of lakes

This region is a paradise for those who want to relax and feel close to nature. The Warmińsko-mazurskie voivodeship is often called the “Land of a Thousand Lakes”, as there are over 3000 lakes within the region, and the majority of them connected with a system of canals. The untouched natural environment provides many possibilities for doing water sports. Tiny, particularly picturesque villages nestled among the unique natural setting attract visitors with a well-developed agrotourism offer.



WORTH SEEING:

- the Elbląg canal
- the Planetarium in Olsztyn
- Piska Forest
- numerous castles, palaces and manors



WORTH SEEING:

- Lublin Castle
- the Great Market Square in Zamość
- the Henryk Sienkiewicz Museum in Wola Okrzejska
- Roztocze National Park
- a Renaissance town – Kazimierz Dolny

Lubelskie region – Meet multiculturalism

The Lubelskie voivodeship brings together many cultures while drawing from Catholic, Orthodox, Jewish and even Greek, Armenian, or Muslim Tatar traditions. The influence of these cultures is visible in numerous architectural and historical monuments. The landscape is varied as well, where rocks, valleys or even ravines hide as many as 1500 natural monuments.



WORTH SEEING:

- Wrocław
- Niedzwiedzia Cave
- Czoch Castle
- the Churches of Peace in Świdnica and Jawor



Podkarpacie – wildlife diversified with a cultural offer

The Podkarpackie voivodeship offers the possibility of active rest in a unique open-air setting. Equine and bike tourism are the most popular among tourists. Numerous wooden architectural monuments are also worth visiting.

WORTH SEEING:

- the Orthodox Church in Radruż
- the Bieszczady Mountains
- Open-air museums in Sanok and Kolbuszowa

Zachodniopomorskie – seaside region with numerous lighthouses

The Zachodniopomorskie region attracts primarily enthusiasts of relaxation by the Baltic Sea. Those interested in historical curiosities may find many attractions as well. The area is well-known for various types of forests.

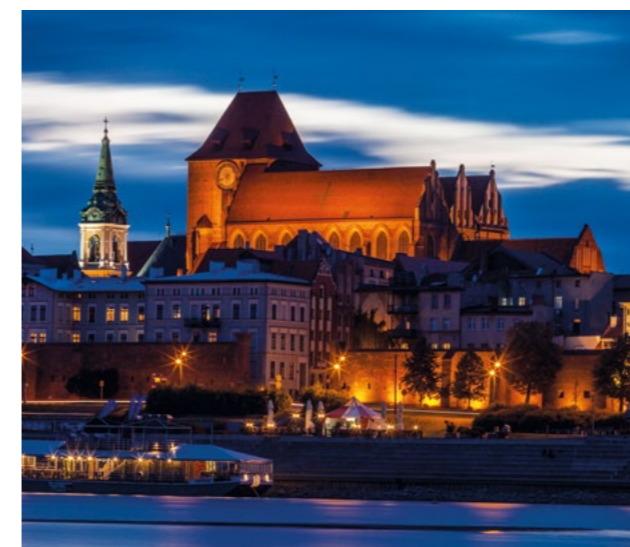


WORTH SEEING:

- Wolin National Park
- the Turquoise Lake
- the Crooked Forest

Lower Silesia – abundance of landscapes, castles and palaces

Lower Silesia is a territory that is very rich in various tourist attractions. There is a lot to do both for enthusiasts of wildlife, and also for tourists interested in discovering ancient cultural monuments. You can visit old mines, numerous castles and palaces, and the pearl among the Polish cities, Wrocław.



Kujawsko-Pomorskie region

This region is characterized by rich material cultural heritage. Gothic buildings preserved not only in Toruń, but also in Chełmno, are worth particular attention. The most famous delicacy of the region is Toruń gingerbread.

WORTH SEEING:

- Toruń
- Chełmno
- Biskupin

Patient's medical history

Mr Ahmed aged 45, from Riyadh in Saudi Arabia, had a car accident due to which he suffered a spinal cord injury at two levels. He was able to move only with the use of a wheelchair. Finally, he received help at a specialist rehabilitation centre near Warsaw. After several months of therapy, he returned home without the wheelchair, walking on his own two legs.

At the beginning, just after the surgery, Mr. Ahmed stayed at a rehabilitation centre in his own country. He was accommodated in a multiple occupancy room. As a result of a bedside rehabilitation, he started to sit, but his legs were still numb.

His insurer recommended treatment at a specialist centre in Poland, near Warsaw, where state-of-the-art Japanese robots, HAL exoskeletons, are used. The device reacts to very weak muscle signals, enhancing them during individual therapy. After sending medical records and on-line consultations, during which the centre was presented and the treatment plan was discussed, Mr Ahmed decided to be treated in Poland. In order to take care of the necessary organizational issues, he received help from a medical tourism broker. It was established that part of the therapy costs would be paid by the patient, and the other part would be covered by the insurance company.

Mr Ahmed was very distraught at the thought of only being able to move on a wheelchair till the end of his days, with a urinary catheter, with small chances of regaining the ability to walk or even use the toilet on his own. As his will to fight for health improvement was stronger than the travel-related discomforts, he decided to fly to Poland. Mr Ahmed was accompanied by his wife during the flight to Warsaw. Transfer from the airport to the centre via a special bus took 30 minutes.

The entire treatment at the centre lasted for several months and included personalised robotic therapy and exercises of walking with the exoskeleton under a physiotherapist's supervision, for 5 hours a day. After 10 weeks of therapy, the effects became visible and the patients' legs started working. As a result of the whole therapy, Mr Ahmed managed to regain his motor skills and complete self-reliance.

During the treatment process, the patient was accompanied by his wife who was living at the centre. In her free time, she could take advantage of a wide offer of shops in nearby Warsaw. After the successful treatment process, Mr Ahmed's problems with joints reappeared, so he wanted to treat them and, at the same time, regain fitness and complete well-being. Together with his wife and children, he booked a stay in a nearby health resort located in the forest in southern Warsaw.

After getting to the resort, Mr Ahmed had a consultation with a doctor during which a schedule of treatments and a diet for the entire stay were established. The rehabilitation consisted of exercises with a physiotherapist, massages, peloid and saline baths. What is equally important, during the rehabilitation treatments, Mr Ahmed's wife was also able to actively take advantage of the benefits of a brine graduation tower and swimming pool as well as the wellness and SPA offer, pampering her beauty. After treatments, the family discovered the beauty of Polish forests and lakes together, and in the evenings, went sightseeing to the capital city as well as going shopping at the numerous malls. Traveling to Poland not only helped Mr Ahmed regain complete fitness, but also forged a lot of warm memories, new friendships and unforgettable experiences after this health-promoting stay in Poland.



Practical information

Capital city: Warsaw
(Warszawa in Polish)

Language: Polish

Neighbouring countries: Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, Russia

Population: 38 million

Area: 322,575 km²

Time zone: UTC+1

Summertime: UTC+2

Country code: PL

Currency: Złoty = 100 grosz

System: parliamentary republic

Climate: Humid continental climate

Member State: EU, NATO, UN, OECD and others

Average temperature in January: -2°C

Average temperature in July: 18.8°C

Visa information: www.msz.gov.pl



How to get here

Poland can be easily and safely accessed from the majority of locations worldwide.

There are direct flights to Poland from all the European countries as well as from the United States and the United Arab Emirates. Thanks to the abundance of airlines offering flights, passengers may choose from a variety of individual routes and travel timetables. Modern airports, located near city centers, guarantee comfortable travelling.

Poland is crossed by international roads connecting Western and Southern Europe with countries located in the eastern part of the continent. A dense network of highways and expressways facilitates rapid travel in Poland. The A1 highway connects the north with the south, while the A2 highway connects the east with the west of the country. There are 1800 km of highways and almost 3000 km of expressways in Poland. Each year, further segments of the routes are commissioned, which means that travel is becoming faster and more convenient.

Thanks to a modernized railway system, part of the European network, as well as fast and modern trains, all the major cities in Poland can be reached from the capital city in only a few hours. More than 22500 km of railways create a dense net of connections, allowing visitors to reach many picturesque places in Poland that are located far from the city centers.

There are even Baltic ferries as an alternative way of travelling to Poland, offering an unforgettable experience.